

# BODYISM

Delicious, nourishing foods. Always local, seasonal, gluten free, organic where possible and made with Nourish, recharge and watch the world go by. love. Please inform a member of staff if you have any allergies.

## BODYISM SHAKES | £7.00

All our supplements are plant-based, highly bioavailable and contain herbal adaptogens designed with a specific function to elevate your health and wellbeing.

### BODY BRILLIANCE (GF, SF, DF, V)

Body Brilliance, Cacao, Maca, Almond Butter, Cashew Milk

### PROTEIN EXCELLENCE (GF, SF, DF, V)

Protein Excellence, Banana, Cinnamon, Cashew milk

### ULTIMATE CLEAN (GF, SF, DF, V)

Ultimate Clean, Avocado, Spinach, Mint, Lime, Cashew Milk

### BERRY BURN (GF, SF, DF, V)

Berry Burn, Mixed Berries, Acai, Almond Butter, Banana, Filtered H2O

### BEAUTY FOOD (GF, SF, DF)

Beauty Food, Spinach, Cucumber, Lime, Mint, Filtered H2O

### MALE OPTIMUM (GF, SF, DF, V)

Male Optimum, Peanut Butter, Banana, Cacao, Cashew Milk

### DIVINE DETOX (GF, SF, DF, V)

Protein Excellence, Banana, Cucumber, Spinach, Filtered H2O

+ Extras / £2.00 each

CBD, Avocado, Almond Butter

## JUICES

### ORGANIC DAILY DOSE ORANGE £6.50

Freshly Squeezed Orange Juice

### ORGANIC PLENISH GINGER SHOT £4.00

Apple, Ginger, Lemon, Apple Cider Vinegar

### ORGANIC PLENISH B12 SHOT £4.00

Orange, Pineapple, Ginger, Lemon, Turmeric, Cayenne

Pepper, Vitamin B12

### LA BREWERY GINGER KOMBUCHA £4.00

Fermented green and black tea blend infused with ginger

## COFFEE + HOT DRINKS

We only use the finest Allpress Espresso, Good & Proper Tea and Mork Cacao in our hot drinks, paired with your choice of organic whole milk, or a dairy free alternative: oat, coconut, almond, cashew.

### COFFEE

#### **Bodyism Signature Coffee | £4.00**

Americano, Organic Butter, Organic Coconut Oil

+ CBD £3

+ protein boost £1.50

#### **Espresso | £2.00**

#### **Double espresso | £2.50**

#### **Americano | £3.00**

#### **Piccolo | £3.00**

#### **Flat white | £3.50**

#### **Latte | £3.50**

#### **Cappuccino | £3.50**

#### **Iced Coffee | £4.00**

#### **Bodyism Hot Chocolate | £4.00**

+ a kick of mint or chilli / 50p

+ extra dark / 50p

#### **Turmeric Latte | £4.00**

#### **Matcha Latte | £4.00**

#### **Chai Latte | £4.00**

## BODYISM SIGNATURE DISHES

### ACAI BOWLS £8.50

(DF, GF, CONTAINS NUTS)

Blend of acai, banana, frozen berries and almond milk topped with granola and fresh berries.

Check for Seasonal Specials.

+ **Extras / £2.00 each**

**Almond Butter, Banana, Superfoods, Protein**

### HOMEMADE SUGAR-FREE GRANOLA £8.00

(GF, DF, VG, CONTAINS NUTS)

Mixed nut cinnamon granola, coconut yogurt, fresh berries, almond milk.

### COCONUT PORRIDGE £5.50

(GF, DF, VG, CONTAINS NUTS)

Gluten-free oats, coconut milk, cinnamon and fresh berries.

### PROTEIN EXCELLENCE PANCAKES £11.00

(DF, RSF, GF, CONTAINS NUTS)

Vanilla protein pancakes, fresh berries, coconut yogurt, almond butter, coconut flakes.

### BANOFFEE PANCAKES £11.00

(DF, RSF, GF, CONTAINS NUTS)

Vanilla protein pancakes, banoffeee coconut yogurt, banana, almond butter.

### ORGANIC EGGS & AVOCADO ON TOAST £12.00

(DF, GF)

Organic free range boiled eggs and smashed avocado, chilli, served on gluten-free toast.

### AVOCADO TOAST £8.00

(DF, GF, VG)

Smashed avocado, chilli, served on gluten-free toast.

### SALMON & GOATS CHEESE BAGEL £10.00

(GF)

Smoked salmon, organic soft goats cheese, cucumber, rocket and tomato on gluten-free bread.

+ **Optional Paleo Bread / £1.00**

+ **Organic Egg / £1.50**

### ORGANIC CHEESE TOASTIES £7.00

(GF)

Organic cheddar and basil or organic goat's cheese and tomato.

+ **Optional Paleo Bread / £1.00**

## SALADS

### TOFU BUDDHA BOWL £12.00

(GF, DF, VG)

Marinated tofu, quinoa, spinach, cucumber, tomato, sauerkraut, with a tahini and tamari dressing.

### SALMON POKE BOWL £12.00

(GF, DF)

Smoked salmon, quinoa, avocado, radish, cucumber, sauerkraut, rocket, with a tahini and tamari dressing.

### FALAFEL BOWL £12.00

(GF, VG)

Organic gluten-free falafel, cucumber ribbons, quinoa, tomato, guacamole, rocket, sauerkraut with a tahini dressing.

### TUNA SALAD £12.00

(GF, VG)

Tuna, organic egg, black olive, cucumber ribbons, quinoa, tomato, avocado, gem lettuce, with a pesto dressing.

### MEXICAN SALAD BOWL £12.00

(GF, VG, CONTAINS NUTS)

Feta, black beans, quinoa, guacamole, corn chips, tomato, rocket, cucumber, sauerkraut and spicy sriracha sauce.